



Year 8 Curriculum Intent

We study PE to develop our **physical, social and emotional wellbeing**. We study PE to develop our **physical potential** and discover what our bodies are physically capable of, learning about a broad **range of sporting activities** to find our current limits and then go beyond them. We hope that all our students will learn the habits and attitudes that will support a thriving and healthy lifestyle, and a **lifelong love of sport**.

Year 8 Curriculum Overview

Half Term 1	Half Term 2	Half Term 3	Half Term 4	Half term 5	Half Term 6
Cross Country/Rugby(B)/Netball(G)	Basketball(B)/Fitness(G) / Volleyball(G)/Football(G)/Table Tennis(B)	Trampolining/ Dance(G) Football(B)/Fitness(B)	Football(B)/Dance(G) Orienteering	Athletics	Rounders(G)/Cricket(B)/Softball(B)

Key Question

How do I develop my skills to become better?	How do I develop my skills to become better?	How do I develop my skills to become better?	How do I develop my skills to become better?	How do I develop my skills to become better?	How do I develop my skills to become better?
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Key Vocabulary

- Counterattack - Feint - Pressing - Zonal Marking - Man-to-Man Marking - Screening - Pacing - Transition	- Counterattack - Feint - Pressing - Zonal Marking - Man-to-Man Marking - Screening - Pacing - Transition	- Counterattack - Feint - Pressing - Zonal Marking - Man-to-Man Marking - Screening - Pacing - Transition	- Agility - Choreography - Dynamics - Artistry - Synchronisation - Precision - Transition - Elevation - Performance - Formation	- Aerobic - Anaerobic - Biomechanics - Cardiovascular - Lactic Acid - Metabolism - Muscle Fatigue - Proprioception - Respiration - Hydration	- Counterattack - Feint - Pressing - Zonal Marking - Man-to-Man Marking - Screening - Pacing - Transition
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	The knowledge you will need to recall:	How you will apply this knowledge:	This links to:
1	You will need to recall the different techniques you learned in year 7. You will develop your skills and techniques to become more accurate and consistent in the activities you perform in. You will increase the fluidity of your movements in cross country, rugby and netball.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to lead a warm-up and cool down for a small group. You will be able to self-assess your own performance and identify what you need to do to improve.	Core PE in further years and BTEC Tech award in sport at KS4.
2	You will need to recall the different techniques you learned in year 7. You will develop your skills and techniques to become more accurate and consistent in the activities you perform in. You will increase the fluidity of your movements in basketball, football, table tennis and volleyball.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to lead a warm-up and cool down for a small group. You will be able to self-assess your own performance and identify what you need to do to improve.	Core PE in further years and BTEC Tech award in sport at KS4.
3	You will need to recall the different techniques you learned in year 7. You will develop your skills and techniques to become more accurate and consistent in the activities you perform in. You will increase the fluidity of your movements in trampolining, football, dance and fitness activities	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to lead a warm-up and cool down for a small group. You will be able to self-assess your own performance and identify what you need to do to improve.	Core PE in further years and BTEC Tech award in sport at KS4.
4	You will need to recall the different techniques you learned in year 7. You will develop your skills and techniques to become more accurate and consistent in the activities you perform in. You will increase the fluidity of your movements in football, dance and orienteering.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to lead a warm-up and cool down for a small group. You will be able to self-assess your own performance and identify what you need to do to improve.	Core PE in further years and BTEC Tech award in sport at KS4.
5	You will need to recall the different techniques you learned in year 7. You will develop your skills and techniques to become more accurate and consistent in the activities you perform in. You will increase the fluidity of your movements in athletics. You will prepare your skills for Grace College sport day.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to lead a warm-up and cool down for a small group. You will be able to self-assess your own performance and identify what you need to do to improve.	Core PE in further years and BTEC Tech award in sport at KS4.
6	You will need to recall the different techniques you learned in year 7. You will develop your skills and techniques to become more accurate and consistent in the activities you perform in. You will increase the fluidity of your movements in rounders cricket and softball.	You will use this knowledge to perform skills in the activities you are participating in. You will take part in individual, pair and group practises as well as small sided competitive games. You will be able to lead a warm-up and cool down for a small group. You will be able to self-assess your own performance and identify what you need to do to improve.	Core PE in further years and BTEC Tech award in sport at KS4.